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Paper-4

**Depression among Under-Graduate Students:
A Comparison between Arts and Science
Students with Special Reference to Kulgam
District of Jammu and Kashmir.**

Bilal Ahmad Bhat

Depression among Under-Graduate Students: A comparison between Arts and Science Students with Special Reference to Kulgam District of Jammu and Kashmir

Bilal Ahmad Bhat⁵

Abstract

The present study was carried out to investigate the depression level among the under-graduate students and its comparison gender wise and stream wise. The study also explored the differences among male science and male arts students; female science and female arts students. The sample of the study consisted of 150 under-graduate students. "Mental Depression Scale" constructed and standardized by Beck was used to assess the depression of under graduate students of South Kashmir. The findings of the study reveal that stream of study have an effect on the depression of female students not on male students. The data that has been collected by the investigator from the colleges was statistically analyzed by mean, standard deviation and t test.

Key Words: Depression, Arts, Science, Students, Jammu and Kashmir

Introduction

Depression is a universal phenomenon and the most common suffering that man experiences. Depression is a ubiquitous disorder with varied manifestations and afflicts people from every society. Depression constitutes a major public health problem because of its frequency of occurrence, the untold personal and interpersonal misery it causes and the severe socio-economic 'repercussions' it usually entails. Though, depression is the most universal suffering, that man experiences, yet it is very often unrecognized by others until the disorder becomes too severe to be ignored. It is estimated that each year at least 100 million people in the world develop some form of clinically recognizable depression at some time in their lives (Sartorius, 1979). No age is immune; no social class is

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exempted; it occurs in people from infancy to old age. It does not regard sex as a barrier and high intelligence is no prevention.

The word "depression" is used in many ways; to describe a mood, a symptom, a syndrome as well as a specific group of illness clinically, depression is the most common mode of response and a symptom in almost all psychotic illness ranging from anxiety neurosis to schizophrenia and the confusional stuporous condition. Depression is generally and popularly defined as "a state of dejection, often combined with feelings of sadness, irritability or anxiety, usually accompanied by physical symptoms"

In depressive state, as distinct from other conditions, the mood change is the predominant feature the patient may complain about this in various ways. He may describe it as 'sadness', 'a feeling of hopelessness', 'feeling low', 'being miserable', 'wanting to cry' or it may involve a loss of feeling so profound that the individual is guilt ridden because he can no longer experience feeling of love for those around him. This may be described as ' being indifferent to things ', 'feeling as if turned to stone or being made of wood', 'a complete loss of interest in future'.

A depressed individual neither believes that anyone might care for him nor he cares for the change in situation Self distraction will appear to him as the only possible solution

Another common problem is, depression arises from proven physical disorders Influenza, simple virus infections, infective hepatitis, malaria, pneumonia, bronchitis, and pleurisy can all evoke depression.

The great of education is production of good quality citizen who later contribute to the community and finally to the country as a whole. Education is a natural process harmonious and progressive development of the man's innate desires. Adolescents are the future of the nation. Adolescence is a period of intensive growth and development with respect the physical cognitive social emotional sexual aspects of child personality.

Adolescence often termed as the age of storm and stress and distinct needs, which can be no longer be overlooked. It is also essential to invest in adolescence as they are the future of the country. In the present circumstances you know that children and young facing difficulties in life. These difficulties are given rise to man psychosomatic problems such as anxiety, tension and frustration and emotional upsets in day to day life.

The adolescents that cannot cope up with stress and strains suffer from depression. Depression is one of the major health problems of this age group. Depression is more likely to occur in adolescence and adolescent girls consistently have higher rates of depression than adolescent boys (Blatt, 2004; Graber, 2004; Nolen-Hoeksema, 2004, 2007). Keeping these facts in mind the present investigation has much importance. The present study is an effort to establish the relation between depression and gender and also to stream of study. On the basis of the study teachers may provide the guidance and counseling to the student and prevent them from depression. The study will be very significant for teachers, guardians, parents, as well as society and community.

The problem of depression among these youths not only becoming a cause of worry to the parents, guardian and educational authority but it has become a national concern. It is one of the burning problems of present era. There is a wide spread depression among these students, instead of becoming a positive force in nation building, they are getting increasingly resentful. They are shouting their discontentment by behavior against social norms in a manner which be wilder the elders. Also there is a drastic change in their personality in their behavior and attitude, which is causing a great concern for all.

Depression is one of the most widespread mental disorders among adolescent's population. Depression is an affective or mood disorder. It is an illness that immerses its sufferers in a world of self blame, confusion and hopelessness. It is an illness of the mind and the body. Some could argue that depression is a way of coping with life's pressures. Depression in adolescents has just recently been acknowledged as a problem. Depressive symptoms are often viewed as normal adolescent behavior or moodiness. Adolescents with depressive symptoms have difficulty expressive how they feel and may use other means of expression such as acting out. Which after is interpreted as misbehavior.

Methodology

The following paragraphs describe the methodology adopted in the present survey.

Objectives of the Study

1. To study the significant mean difference of depression among arts and science undergraduate students.

2. To study the significant mean difference of depression among arts undergraduate males and females' students.
3. To study the significant mean difference of depression among science undergraduate students male and female students.
4. To study the significant mean difference of depression among undergraduate arts male and science male students.
5. To study the significant mean difference of depression among undergraduate arts female and science female students.
6. To study the significant mean difference of depression among undergraduate arts male and science female students.
7. To study the significant mean difference of depression among undergraduate arts female and science male students.

In order to fulfill the objectives, the following hypotheses were framed:

Hypotheses of the study:

1. There is no significant mean difference of depression among arts and science undergraduate students.
2. There is no significant mean difference of depression among arts undergraduate males and females' students.
3. There is no significant mean difference of depression among science undergraduate student's makes and female students.
4. There is no significant mean difference of depression among undergraduate arts male and science male students.
5. There is no significant mean difference of depression among undergraduate arts female and science female students.
6. There is significant mean difference of depression among undergraduate arts male and science female students.
7. There is no significant mean difference of depression among undergraduate arts female and science male students.

Method and Procedure

In the present study, descriptive survey method has been used for investigation. The sample of the study comprised of 150 college students currently enrolled in three year BA/ B.Sc courses in the colleges of Kulgam district of South Kashmir of Jammu and Kashmir. The depression was measured through “Mental Depression Scale” constructed and standardized by Beck. The data was tabulated and analyzed by mean, standard deviation and t test with the help of Excel. The following paragraphs present a detailed analysis and subsequent interpretation of the data in relation to the objectives.

Results

The analysis of the data has been done hypothesis wise as under:-

H0-1: There is no significant mean difference of depression among arts and science undergraduate students.

Table 1: Values of Mean, SD, SE_{DM} and ‘t’ for undergraduate arts and science students in depression

Group	N	Mean	S.D	SE _{DM}	t value	df	significance
Arts	75	19.82	11.56				
Science	75	21.16	7.54	1.58	0.84	148	NS

The perusal of Table 1 shows that the computation value of ‘t’ for undergraduate arts and science students on depression is 0.84 which is less than 1.98; the table value of t at 0.05 level of significance for 148 degrees of freedom . The calculated value thus, falls short of the table value. The value of ‘t’ is therefore not significant or insignificant. It can therefore be said that there exists no significant mean differences in depression among undergraduate arts and science students. Hence, the hypothesis which states that there is no significant mean difference in depression among undergraduate arts and science students stands accepted.

H0-2: There is no significant mean difference of depression among arts male and arts female undergraduate students.

Table 2: Values of Mean, S.D., SE_{DM} and‘t’ for undergraduate arts male and arts female students in depression

Group	N	Mean	S.D	SE _{DM}	t value	df	significance
Arts male	75	19.82	11.56				
Arts Female	75	17.4	8.3	1.64	1.47	148	NS

Review of Table 2 shows that the computation value of ‘t’ for undergraduate arts male and arts female students in depression is 1.47 which is less than 1.98; the table value of t at 0.05 level of significance for 148 degrees of freedom . The calculated value thus, falls short of the table value. The value of ‘t’ is therefore, not significant. It can therefore be said that there exists no significant mean differences in depression among undergraduate arts male and arts female students. Hence, the hypothesis which states that there is no significant mean difference in depression among undergraduate arts male and arts female students stands accepted.

H0-3: There is no significant mean difference of depression among science male and science female undergraduate students.

Table 3: Values of Mean, S.D., SE_{DM} and‘t’ for undergraduate Science male and Science female students in depression

Group	N	Mean	S.D	SE _{DM}	t value	df	significance
Science male	75	21.16	7.54				
Science Female	75	23.31	9.52	1.4	1.53	148	NS

On perusal of Table 3 shows that the computation value of ‘t’ for undergraduate arts male and arts female students in depression is 1.53 which is less than 1.98 the table value of t at 0.05 level of significance for 148 degrees of freedom . The calculated value thus, falls short of the table value. The value of ‘t’ is therefore is not significant. It can therefore be said that there exists no significant mean differences in depression among undergraduate science male and science female students. Hence, the hypothesis which states that there is no significant mean differences in depression among undergraduate science male and science female students stands accepted.

H0-4: There is no significant mean difference of depression among arts male and science female undergraduate students.

Table 4: Values of Mean, S.D., SE_{DM} and‘t’ for undergraduate arts male and science male students in depression

Group	N	Mean	S.D	SE _{DM}	t value	df	significance
Arts male	75	19.82	11.56				
Science male	75	21.16	7.54	1.58	0.84	148	NS

Review of Table 4 shows that the computation value of ‘t’ for undergraduate arts male and science male students in depression is 0.84 which is less than 1.98 the table value of t at 0.05 level of significance for 148 degrees of freedom . The calculated value thus, falls short of the table value. The value of‘t’ is therefore, not significant. It can therefore be said that there exists no significant mean differences in depression among undergraduate arts male and science male students. Hence, the hypothesis which states that there will be no significant mean differences in depression among undergraduate arts male and science male students stands accepted.

H0-5: There is no significant mean difference of depression among arts female and science female undergraduate students.

Table 5: Values of Mean, S.D., SE_{DM} and‘t’ for undergraduate arts female and science female students in depression

Group	N	Mean	S.D	SE _{DM}	t value	df	significance
Arts female	75	17.4	8.33				
Science female	75	23.30	9.25	1.43	4.12	148	Significant

Review of TABLE 5 shows that the computation value of ‘t’ for undergraduate arts male and science male students in depression is 4.12 which is greater than 1.98 the table value of t at 0.05 level of significance for 148 degrees of freedom . The calculated value thus, falls short of the table value. The value of‘t’ is therefore, significant. It can therefore be said that there exists significant mean differences in depression among undergraduate arts female and science female students. Hence, the hypothesis which states that there will be no significant mean differences in depression among undergraduate arts female and science female students is not accepted

H0-6: There is no significant mean difference of depression among arts male and science female undergraduate students.

Table 6: Values of Mean, S.D., SE_{DM} and‘t’for undergraduate arts male and science female students in depression

Group	N	Mean	S.D	SE _{DM}	t value	df	significance
Arts male	75	19.82	11.56				
Science female	75	23.30	9.25	1.70	2.04	148	Significant

On interpreting the Table 6 results shows that the computation value of ‘t’ for undergraduate arts male and science female students in depression is 2.14 which is greater than 1.98 the table value of t at 0.05 level of significance for 148 degrees of freedom . The value of‘t’ is therefore be significant. It can therefore be said that there exists significant mean differences in depression among undergraduate arts male and science female students. Hence, the hypothesis which states that there will be no significant mean differences in depression among undergraduate arts male and science female students is not accepted.

H0-7: There is no significant mean difference of depression among arts female and science male undergraduate students.

Table 7: Values of Mean, S.D., SE_{DM} and 't' for undergraduate arts female and science male students in depression

Group	N	Mean	S.D	SE _{DM}	t value	df	significance
Arts female	75	17.4	8.33				
Science male	75	21.16	7.54	1.29	2.91	148	Significant

Review of Table 7 shows that the computation value of 't' for undergraduate arts female and science male students in depression is 2.91 which is greater than 1.98 the table value of t at 0.05 level of significance for 148 degrees of freedom . The value of 't' is therefore, significant. It can therefore be said that there exists significant mean differences in depression among undergraduate arts female and science male students. Hence, the hypothesis which states that there will be no significant mean differences in depression among undergraduate arts female and science male students is not accepted.

MAIN FINDINGS:

- It has been found that there is no significant mean difference in mental depression among undergraduate Arts and science students.
- It has been found that there is no significant mean difference of mental depression among undergraduate Arts male and arts female students.
- It has been found that, there is no significant mean difference of mental depression among undergraduate Science male and science female at .05 level of significance.
- It has been found that, there is no significant mean difference of mental depression among undergraduate Arts male and Science male students.
- It has been found that, there is a significant mean difference of mental depression among undergraduate Arts female and Science female students.
- It has been found that, there is a significant mean difference of mental depression among undergraduate arts male and Science female students.

- It has been found that, there is a significant mean difference of mental depression among undergraduate Arts female and Science male Students.

CONCLUSION:

Education is a wholesome, comprehensive and complex process aiming at bringing about change in knowledge, skills, in attitudes, behaviour, personality, values, needs and several other variables which are psychological and behavioural in nature. Further, while attempting to bring about desired changes in the above mentioned aspects, education also aims at an integration of these to help the individual to develop in totality. It is a well known fact that the life of human beings was once simple and their needs were limited in their lives which were satisfied in their immediate environment. But as the human beings developed and become conscious about the things in their environment, their needs increased in large and with the increased needs, the problem of adjustment, stress, and anxiety and depression took place in the society.

The priceless resource on the earth is its human beings and youth are the back bone of the society. Young people are a crucial segment of any society for a nation's development, their contribution is highly required. So every nation and in general the humanity demands stress less youth that leads the future generation for success in every field. In the 21st century due to globalization, professionalization, commercialization and privatization of educational process, the life style of students changed in a greater extend which cause many psychological problems in them. The result is change in their personality; bring them under the canopy of stress and academic pressure. So there has to be a humanistic approach to the teaching learning process going on in the present scenario.

The undergraduate adolescent's students are at the cross roads of the life, they are more prone to stress and strain. The slight mistakes can lead them in the wrong path. Some mistakes may affect their emotional stability, ability to interact with others and academic performance. These changes can increase the risk of future depression. The result of depression is the loss of interest and poor concentration in studies. It has been found through the study that, there is significant mean difference of mental depression among undergraduate Arts female and Science female students. The depression level of Science undergraduate students is more as compare to Arts undergraduate students. This may be due to the academic pressure posed by parents of Science undergraduate students to achieve success

in different competitive examination. Therefore, it is the kind utmost duty of the parents and college authorities to provide proper educational, vocational and psychological guidance service to the students. Efforts and avenues should also be made by both teachers and the parents to provide them with the best possible atmosphere at college and in home. Depression may be caused by many reasons. There is not any single and particular cause of depression that happens in adolescence period, that's why adolescence period is known as period of stress and storm. Pertinent to it there should not be any unnecessary interference by the parents and teachers of college in their day-to-day academic activities of the students. This study may help and sensitise parents, principals, teachers, college management, college administrators and students to those factors that reduce the mental depression among students.

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